

# PREVENTIVE HEALTH AND WELLNESS RECOMMENDATIONS

You can take an active role in your health by knowing when and how often preventive health services are recommended. This schedule, based on recommendations from the American Congress of Obstetricians and Gynecologists, the Centers for Disease Control and Prevention, the National Diabetes Education Program, State of Arizona mandates and the U. S. Preventive Services Task Force is a resource tool for discussing your preventive care with your health care provider. The recommendations are for those at average risk for most diseases.

We encourage you to discuss your personal and family history, your risks and the following recommendations with your health care provider to determine your need for these services.

## ADULTS

Aspirin Therapy	Discuss aspirin therapy based on your risk factors for coronary heart disease and stroke—men age 45 and older; women age 55 and older
Blood Pressure Screening	Age 18 and older: At each visit
Breast Self Exam	Age 19 and older: Discuss your need for self-exam
Chlamydia Screening	Annually—sexually active women age 25 and younger, or older with new or multiple sex partners Pregnant women: First prenatal visit
Cholesterol Screening	Age 20 and older: Fasting lipoprotein (HDL, LDL, triglycerides and cholesterol) every 5 years
Clinical Breast Exam	All Women: Yearly
Colorectal screening	Age 50 and older: Fecal occult blood—Annually Sigmoidoscopy—Every 5 years with fecal occult blood testing every 3 years; Colonoscopy—Every 10 years
Depression Screening	Age 18 and older: Discuss depression risks and screening needs
Diabetes Screening	Age 45 and older: Initial screening Earlier screening may be indicated for overweight adults with additional risk factors—discuss with your health care provider
Mammography	Age 35–39: Baseline      Age 40–49: Every 1–2 years Age 50 and older: Annually
Management of Menopause	Discuss the risks, benefits and treatment options of hormonal replacement therapy (HRT)
Osteoporosis Screening (Bone Density)	Age 65 and older or age 60 and older if at risk for osteoporotic fracture
Pap test	First screening age 21 followed by screening every 2–3 years at physician discretion Women with a hysterectomy, testing as directed by the health care provider

## CHILDHOOD & ADOLESCENT HEALTH

Chlamydia Screening	For females under age 18 who are sexually active: Annually
Depression Screening	Age 12–17: Discuss depression risks and screening needs
Diabetes Screening	Discuss screening needs

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## PHYSICAL ACTIVITY RECOMMENDATIONS\*

For substantial health benefits **adults** should engage in at least:

- 150 minutes per week of moderate intensity aerobic physical activity (i.e. walking briskly or water aerobics) or 75 minutes/week of vigorous physical activity (i.e. jogging or swimming laps)
- Aerobic activity should be performed in episodes of at least 10 minutes and preferably spread throughout the week.
- Adults should also include muscle strengthening activities (i.e. weight training or heavy gardening) that are moderate or high intensity and involve all major muscle groups, on two or more days per week.

For substantial health benefits **children and adolescents** should engage in at least:

- 60 minutes or more of physical activity daily; most of which should be moderate (i.e. bicycle riding or brisk walking) or vigorous (i.e. tag or flag football) intensity aerobic activity.
- Muscle strengthening physical activity (i.e. tug-of-war or push-ups) should be included in the 60 minutes at least 3 days per week.
- Bone strengthening physical activity (i.e. skipping or jumping) should be included in the 60 minutes at least 3 days per week.

\* Talk with your health care provider before starting any exercise program.

## CLASSIFICATION OF LDL, HDL, TOTAL CHOLESTEROL AND TRIGLYCERIDES LEVELS FOR ADULTS

LDL Cholesterol	
< 100	Optimal
100–129	Near or above optimal
130–159	Borderline high
160–189	High
≥ 190	Very High
Total Cholesterol	
< 200	Desirable
200–239	Borderline high
≥ 240	High
HDL Cholesterol	
< 40	Low
≥ 60	High
Triglycerides	
< 150	Normal
150–199	Borderline high
200–499	High
≥ 500	Very high

## IMMUNIZATIONS

### Adult

- Tetanus, Diphtheria (Td): Every 10 years
  - Tetanus, Diphtheria, Pertussis (Tdap): Substitute 1 dose of Tdap for Td
  - Flu Vaccine—age 19 and older: Yearly
  - Pneumococcal (pneumonia)—age 65 and older or anyone with a chronic illness: One dose
- Discuss with your health care provider the need for the following immunizations (**age 19 and older**): Pneumonia, Hepatitis A, Hepatitis B, MMR (Measles, Mumps, Rubella), Varicella (chickenpox), Meningococcal and HPV (Human Papillomavirus) and Zoster (Herpes Zoster)

### Children and Adolescents

Discuss with your child's health care provider regarding the following immunization recommendations:

**Newborn to 6 years:** Hepatitis A, Hepatitis B, Rotavirus, DTaP (Diphtheria, Tetanus, Pertussis), Hib (Haemophilus influenzae type b), Pneumococcal, IPV (Polio), Flu, MMR (Measles, Mumps, Rubella), Varicella (chickenpox), Meningococcal

**7–18 years:** Tdap (Tetanus, Diphtheria, Pertussis), HPV (Human Papillomavirus), Meningococcal, Pneumococcal, Flu, Hepatitis A

## CLASSIFICATION OF BLOOD PRESSURE LEVELS FOR ADULTS (18 YEARS AND OLDER)

BP Classification	Systolic (MMHG)		Diastolic (MMHG)	Lifestyle Modification
Normal	< 120	and	< 80	Encourage
Prehypertension	120–139	or	80–89	Yes
Stage 1 Hypertension	140–159	or	90–99	Yes
Stage 2 Hypertension	≥ 160	or	≥ 100	Yes

When systolic and diastolic blood pressures fall into different categories, the higher category should be used to classify blood pressure level. For example, 160/80 mmHg would be stage 2 hypertension.

### Major Lifestyle Modifications shown to lower blood pressure:

- Weight reduction for those who are overweight or obese
- Adoption of the Dietary Approaches to Stop Hypertension (DASH) eating plan
- Dietary sodium reduction
- Physical activity
- Moderation of alcohol consumption

This information is provided for educational purposes only. It is not intended to take the place of your health care provider's independent medical judgment. You should consult with your health care provider regarding your health care needs. In addition, information and recommendations are not a guarantee of BCBSAZ coverage of services or supplies.



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